








# COCONUT CREEK FITNESS CENTER

**"Your Hometown Gym"**





Rec Complex Fitness Center  
4455 Sol Press Blvd  
954-545-6650

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
6:15 - 6:45 AM <b>EXPRESS SPIN</b> Renee		<b>Fitness Classes</b> 		6:15 - 6:45 AM <b>EXPRESS SPIN</b> Tim M.			
6:45 - 7:00 AM <b>CORE &amp; MORE</b> Renee				6:45 - 7:00 AM <b>CORE &amp; MORE</b> Tim M.			
		8:30 - 9:30 AM <b>SPINNING®</b> Tim W.					
	9:30 - 10:30 AM <b>FOREVER FIT</b> Jonna	<p><b>NORTH GROUP FITNESS CLASSES ARE LOCATED INSIDE THE REC COMPLEX</b></p> <p><b>NON-MEMBER FEES</b> RESIDENTS = \$6 NON-RESIDENTS = \$8</p> <p><b>SPINNING® CLASSES FREE FOR ANNUAL MEMBERS \$2 (30 MIN CLASS) OR \$4 (60 MIN CLASSES + GUEST PASS FEE FOR NON MEMBERS)</b></p> <p>FOR UPDATED INFORMATION, PLEASE CALL 954-545-6650</p>			9:00 - 10:00 AM <b>BODY SCULPTING</b> Jennifer	9:15 - 10:15 AM <b>RIP &amp; RIDE</b> Renee	
							
					10:00 - 11:00 AM <b>ZUMBA</b> Cheryl	10:30 - 11:30 AM <b>SUNDAY SHREDZ</b> Chelsi	
11:00 AM - 12:00 PM <b>SILVER SNEAKERS</b> Renee		11:00 AM - 12:00 PM <b>SILVER SNEAKERS</b> Renee		11:00 AM - 12:00 PM <b>SILVER SNEAKERS</b> Tim M.	11:15AM - 12:15PM <b>SPINNING®</b> Kelvin		
	5:15 - 6:15 PM <b>SPINNING®</b> Tim M.						
6:15 - 7:15 PM <b>BODY SCULPTING</b> Jennifer	6:30 - 7:30 PM <b>STEP AEROBICS</b> Judy	6:15 - 7:15 PM <b>H.I.I.T.</b> Chelsi	6:15 - 7:15 PM <b>SPINNING®</b> Kelvin	6:15 - 7:15 PM <b>YOGA</b> Jennifer			
7:30 - 8:30 PM <b>ZUMBA</b> Cheryl	7:30 - 8:30 PM <b>YOGILATES</b> Ellen	7:30 - 8:30 PM <b>ZUMBA</b> Cheryl					



**COCONUT CREEK  
FITNESS CENTER**  
"Your Hometown Gym"  
Community Center Fitness Center

1100 Lyons Road  
954-545-6688

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
				<b>Fitness Classes</b> 			
9:00 AM - 10:00 AM <b>YOGA</b> Marcia							
		9:45 AM - 10:45 AM <b>YOGA</b> Marcia	9:30 AM - 10:30 AM <b>SCULPT &amp; TONE</b> Diana				
		<p><b>SOUTH GROUP FITNESS CLASSES ARE LOCATED INSIDE THE COMMUNITY CENTER FITNESS CENTER</b></p> <p><b><u>NON-MEMBER FEES</u></b></p> <p>RESIDENTS = \$6 NON-RESIDENTS = \$8</p> <p>FOR UPDATED INFORMATION, PLEASE CALL 954-545-6688</p>					
							
	11:00 AM - 12:00 PM <b>SILVER SNEAKERS</b> Roger						
	1:00 PM - 2:00 PM <b>SILVER SNEAKERS</b> Tim W.		1:00 PM - 2:00 PM <b>SILVER SNEAKERS</b> Tim M.				
			